

## October 2011 e-Newsletter

Hi there,

Wow, did a whole month pass already? It seems time flies at this time of year...hope you and yours are able to be still and relax a little bit before the cold weather settles in and the busy holiday season is upon us.

There are a number of things going on in the coming months, and we hope you will find something of interest. As always, if you need more information or have questions, please give a buzz.

- Our **monthly family caregiver support group** will meet on Wednesday, October 26, from 1:30 until 2:30. Edi Stewart, LCSW-C will be facilitating. This group is designed for family members and friends who are caring for a loved one over the age of 60 **or** have an early onset dementia.
- The Caregiver Support Program in conjunction with the Frederick Senior Center invites caregivers and the loved ones they care for to **dine out at the center** once a month on a Thursday for a special menu meal. November's meal date is scheduled for the 17<sup>th</sup> and the menu includes fruit cocktail, turkey with gravy, bread stuffing, peas and carrots, cranberry sauce, pumpkin pie and milk. For more information, or to sign up, give Deb Ayers a call at 301-600-1048 by November 14.
- **Have a Medicare D Prescription Drug Plan?** If so, please note that open enrollment is now through December 7. Appointment can be made now to come in to review plan information. Can't get in for appointment? No problem, we will be offering phone appointments again this year. Call 301-600-1605 to set yours up today.
- ***An Age for Justice***- Mark your calendar for Tuesday, November 1 from 4-5:30 p.m. for a screening of the documentary *An Age for Justice: Confronting Elder Abuse in America* followed by a panel discussion of this incredibly important topic. Open to the public, this event is a partnership venture of the Frederick County Department of Aging and Hood College and will be held on the Hood campus. For more information please call 301-600-2877 or see the attached flyer.
- **New to Medicare trainings**- During the months of Medicare open enrollment this year, the Department of Aging will be offering three Medicare workshops. The topics to be covered will be Medicare Basics, Medigaps, Medicare D and Medicare subsidy programs. Programs will be held in the small auditorium from 9:30 until 11:30; and will be on Tuesday October 25<sup>th</sup>, and Tuesday November 15<sup>th</sup>. Call for more information. Seating is limited.
- **Korean presentation**- On Monday, October 31, 2011 Urbana Senior Center will be having an Armchair Travelers presentation on Korea at 1:00 pm. to be presented by representatives from the Korean embassy. Lunch that day is mixed green salad, beef stew, squash, and peaches with cranberries. Call 301-600-7020 for more information or to sign up.

- **Diabetes Coalition-** From November 1- 30 several downtown Frederick restaurants will participate in the 2011 Restaurant Challenge. They will be offering healthy meal options for people with diabetes or anyone wishing to eat healthier. For more information about participating restaurants and meal option dietary information give us a call, or email.
- **Drug disposal-** See the attached flyer about several opportunities to dispose of medications. Several drop off locations are accepting a number of prescription and nonprescription items on Saturday, October 29. A great time to check the dates and clean out those medicine cabinets and first aid kits.
- Health care reform offers new, meaningful supports to assist family and friends in their caregiving role. A **new Fact Sheet**, published by the AARP Public Policy Institute (PPI), highlights selected provisions in the Affordable Care Act that address caregivers in health care and in long-term services and supports. Here's a link to the PPI website and Fact Sheet: <http://www.aarp.org/relationships/caregiving/info-10-2011/Health-Reform-Law-Creates-New-Opportunities-to-Better-Recognize-and-Support-Family-Caregivers.html>
- **Maryland Respite Coalition Conference-** Last week the Maryland Respite Care Coalition, Inc. Board announced that they were able to provide scholarships **for family caregivers** to the 14th Annual Respite Awareness Day Conference to be held at the Maritime Training Institute in Linthicum next Monday, October 24, 2011. I am sending this to you in case you were interested in attending but did not register due to the registration fee. In order to access a scholarship for the registration the individual family caregiver must register themselves on line at: [www.respitecoalition.org](http://www.respitecoalition.org) They will register as a Family Caregiver and use the Scholarship in Registration Type box and use FCR11 as the Registration Code.

Take care and we wish you well,

Mary and Mindy

*Mary M. Collins*

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 Routine Office Hours- Wednesday and Friday 8:30 a.m. - 4 p.m.